

















SOUTH POLE FLY and EMPEROR PENGUINS EQUIPMENT LIST

ITEM	EXAMPLE	We provide, you return	You provide
backpack - for carry-on and day trips, small, 20 litres			1
polar boots - for South Pole		✓	
trekking boots - for walks in Schirmacher Oasis			1
sunglasses – quality, 100% UV protection			1
tent - for plateau camp		✓	
sleeping bag - for plateau camp		✓	
sleeping mattresses - for plateau camp		✓	
cooking and eating equipment		✓	
windproof jacket and pants - for walks in Schirmacher Oasis			✓
puffy or fleece jacket - for coastal walks			✓


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ITEM	EXAMPLE	We provide, you return	You provide
polar jacket and pants – warm clothes for South Pole		✓	
fleece top (pull over)			1
fleece pants			1
thermal top			2
thermal pants			2
comfortable clothes & slippers - for wearing around camp			✓
underwear			✓
warm hat - with ear coverage		1	1

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ITEM	EXAMPLE	We provide, you return	You provide
baseball cap or sun visor – for bright sunshine			1
neck gaiter or 'buff' – fleece			1
liner gloves - lightweight			1
ski gloves			1
polar mittens - for South Pole		1	
thick socks –dacron / wool			2
thin socks –nylon/synthetic or thin wool			2

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ITEM	EXAMPLE	We provide, you return	You provide
Other			
duffel bag - for luggage on flight to Antarctica		1	1
bedding and towels at Oasis Guesthouse		✓	
pocket knife / multi-tool			✓
Euro power adapter			
passport			✓
insurance policy			✓
money - (USD) for souvenirs at South Pole			✓
personal medical kit and medicines			✓
personal toiletries			✓
sun screen (SPF40+) and lip protection			✓
camera			✓
chargers for cameras etc - European power plugs			✓
spare batteries for devices			✓
ear plugs and eye shades			✓
book			✓
diary and pencil			✓
iPod, iPad, headphones			✓
GPS - handheld, mark 90 degrees as memento			✓

NOTE: There is a strict 22kg luggage allowance per person on Antarctic flights